

**Linda Clair**  
**Five-day Meditation Retreat**  
**Kallara Conference Centre, Australia – June 2019**  
**Transcription from Audio Recordings**

**File 1a – Saturday afternoon guided meditation**

Welcome everyone, and it's great to be here again. I always love coming here. It's five days of sitting, watching, being here as much as possible. So we'll start off just with the basic body scan, going through the basic practice. So take a few deep breaths into the belly and feel your body. Be grateful that you're in your body, sitting here in this room right now. Everything, every little thing that's happened in your life has brought you to this point, which very few people get to, where they want to investigate deeply why they're here.

So take your attention to the top of your head and feel the sensation on the top of your head, however it feels right now. There's no right way to feel, wrong way to feel; there's just what's happening now which is perfect. And you might come in and say, "No, it's not perfect, there's something better," but there's not. You're not going to feel better; you're not here to feel better.

So feel the sensation of your eyelids on your eyes, and keep breathing into the belly, grounding yourself in your body. Feel your breath going through your nostrils, just the gentle sensation. Don't visualise or watch; feel the sensation in your body whatever it is. Feel your mouth, your lips. Feel your jaw and your chin, your tongue touching the pallet. Feel your shoulders. So even if there's tension in any part of your body, during these sittings try and sit with that tension. Watch your reaction to it. Watch your judgment of it as good or bad.

Go to your left shoulder and go down your arm to your left elbow and feel your elbow. Then go down to your left hand and feel your hand and feel your thumb and each finger. Go to your right shoulder and feel your shoulder. Go down your arm to your right elbow, then down to your right hand and feel your hand, and feel your thumb and each finger. Feel both arms and both hands.

Then take your attention to your chest, and as you breathe in and out through the nose, feel the gentle movement of your chest with the breath – just a gentle rising and falling. Then take your attention down to your abdomen. So this is the place that many people avoid; it's just too confronting breathing deeply into the body like this. It's where you feel anxiety, different emotions. But eventually it becomes the most natural way to breathe, deeply into the body.

So you can feel the rise and the fall of your abdomen as your body is breathing. And it's your body breathing. You don't need to control it. You don't need to do anything. When you're in deep, dreamless sleep the body is at peace. And that's what we're all looking for: peace, to stop looking for something better, to stop wanting to feel better.

So feel your thighs, your knees, your left foot and your right foot. Feel your spine, from the top of your spine, down your back to the bottom of the spine. So every now and again you might need to gently straighten your spine. Then again feel your whole body and how amazing it is to be in this body because as long as you're in this body there's the potential to go even more deeply into now.

What is thinking, what is it? It's actually an avoidance of being in your body. It's a movement away from where you actually are because every time you start to think, you move into relative time, the past, the future. But there's no such thing as the past and the future – there's only now. And that is where you want to be – here, now. Once you start to get a sense of that, thinking starts to lose its appeal. This practice is not about stopping thinking. It's much deeper than that. It's about getting to the source of the desire to think, and that lies in your body, nobody else's but yours. So this is totally up to you. I can guide you, I can help you. Being in a group like this can help you. But ultimately it's up to you.

So each time you realise you're not in your body – you've been pretending that you're somewhere else, doing something else, being someone else, and it's all a pretence, it's all in your imagination – as soon as you realise this, bring your attention back to your body, and primarily the breath in the abdomen, the rise and fall of the abdomen with the breath. And you need to do this again and again and again.

So sit and watch. Feel the sensations in your body. Watch that movement away from your body. And use the sensations in your body to bring your attention back to where you really are which is sitting here in this room. You're nowhere else right now. You don't need to be anywhere else right now. There's nothing you need to be thinking about right now. It's as simple as that. There's nothing complicated about this. There's no easy way, there's no shortcut. This is it.